



September, 2016

THE FRANKLIN CONNECTION

THE FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

FRANKLIN SENIOR CENTER

10 Daniel McCahill Street,
Franklin, MA 02038
Phone: 508-520-4945
Fax: 508 520-4917

Open Monday thru Friday,
8:30 am - 4:00 pm



FREE WIFI

COMMON GROUNDS CAFÉ



Breakfast
8:30-10:00 am
Lunch
11:30-1:00 pm

The Café is closed
on Sept. 5 & 30

BEN'S BOUNTY GIFT KIOSK IS STILL OPEN!!

Mon thru Fri;
10 am - 2 pm



**Lots of great
bargains!**

CHRONIC DISEASE SELF-MANAGEMENT PROGRAMS



CHRONIC PAIN MANAGEMENT WORKSHOP will be offered at 10:00 a.m. on Mondays, Sept. 12 thru Oct. 17 from 10:00 a.m. to 12:30 pm. This free, evidence-based training helps those who experience chronic pain to better manage their symptoms and daily lives. Subjects covered include:

- Techniques to deal with fatigue, frustration, pain and isolation,
- Appropriate use of medications,
- Nutrition tips and advice,
- Decision making,
- How to evaluate new treatments.

HEALTHY EATING FOR SUCCESSFUL LIVING WORKSHOP will also be offered on Wednesdays, starting Sept. 14 thru Oct. 19 from 12:30 to 3:00 p.m. This evidence-based program improves your knowledge of eating and activity behaviors that improve heart and bone health.

BOTH PROGRAMS ARE FREE: PLEASE CALL TO SIGN UP!



THIS YELLOW DOT COULD SAVE YOUR LIFE

The Norfolk County Sheriff's Office recommends the Yellow Dot program so that EMT's can access critical medical information immediately in case of an accident and/or a health emergency while driving. The Yellow Dot decal alerts first responders that pertinent medical information is located in the glove compartment. Join us on Wed., Sept. 21 at 1:00 p.m. to learn more about the program. If you sign up for the program you will be given a Yellow Dot information packet with your photo and ID on the cover. Please call to sign up.

COPING WITH GRIEF AND LOSS



Losing someone you love is painful. You may experience all kinds of difficult emotions and it may feel like the pain and sadness will never let up. The most important factor in healing from loss is having the support of other people. Come to this interactive discussion to gain support and learn the myths and facts about grief. Even if you have not experienced a significant loss firsthand, come to learn the best things to do and say to help others who may be struggling with loss. Presented on Wed., Sept. 21 at 11:00 a.m. by **Wellness Nurse, Linda Hastings**; call to sign up.

Daily Activities...



MONDAY

9am-2pm Barber \$8 / Hairdresser \$10, by appt
9am&1pm Painting with A. Zandbergs
9:30am Italian Conversation Group
10am Mexican Train Dominoes
10am Asian Mah Jong; instruction offered
10:30am The Page Turners Book Club reads *The Snow Child* by Eowyn Ivy; 9/12
1pm Chair Volleyball
1pm American Mah Jong
1pm Women's Pool
1:15pm Monday Movies: see page 5.
6pm Cribbage Club



TUESDAY

9am Cribbage
9:30am Chair Exercise w/Shirley Areano/\$2
9:30am Busy Bee Crafts
9:30am Bocce @ King Street Courts
10am Manicures with Rona; \$8, by appt.
10am Quilting for Beginners
10:45am Cardio, Tone & Sculpt/\$3;free for Y members
12:30pm Sept 20 - Legal Clinic; by appt. Legal Assistance provided by **Samuel, Sayward & Bayler, LLC.**
1pm Bingo!
1pm Cribbage Instruction with Pat
1-4pm Chess Club; 1st & 3rd Tuesdays, Instruction provided!



WEDNESDAY

8:45-10am Blood Sugar Tests; 2nd & 4th Wed; 9/14 & 9/28
9am Trailblazer Walking Club
9am SHINE Counselor (by appt.)
10am Quilting/Knitting Instruction
10am Scrabble
10am Chair Yoga with Susan /\$3
11am Coloring Crew
11:15am Meditation with Susan Winters/\$2
12 - 2pm Barber \$8 / Hairdresser \$10
12:30pm Zumba/\$3, free for "Y" members
1 - 3 pm Senior Scribblers
1:00 pm Women's Pool
4pm Caregivers Support Group; see pg. 5

THURSDAY

9am-1pm Free Blood Pressure Testing
9am Cribbage & Bridge
9:30am Busy Bee Crafts
9:30 am Chair Exercise w/Shirley Areano/\$2
10:45am Cardio, Tone & Sculpt/\$3;free for Y Bingo!
1pm Open Art Studio with Diana V.
3pm Memory Café - 3rd Thursday
3:15pm Tai Chi /\$5, free for 'Y' members



FRIDAY

10am Woodcarving
10am Current Events Discussion Group (2nd & 4th Friday of month)
11am Zumba Aerobics/\$3; free for Y mbrs
1-3:45pm Podiatry Clinic (by appointment)
1pm Pokeno
2pm The Silvertones, Senior Chorus

The Senior Center Café will be closed on Sept. 5. and Sept 30.



Follow us on Twitter
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Check us out at www.facebook.com/franklinseniorcenter

Upcoming Events...

Mon., Sept. 12: CHRONIC PAIN MANAGEMENT WORKSHOP at 10:00 a.m.; see page 1.

Wed., Sept. 14: HEALTHY EATING FOR SUCCESSFUL LIVING at 12:30 p. m.; see page 1.

Thurs., Sept. 15: MEMORY CAFÉ at 3:00 p.m. The Memory Café is a place where people with memory issues can go with their caregivers to socialize and have fun with others in a similar situation. Join us this month when Sammy, a therapy dog, will be visiting. Please call to sign up.



Fri., Sept. 16: SENIOR DISC GOLF GROUP at 10:00 a.m. Learn more about Disc Golf, which is played much like traditional golf but instead of a ball and clubs, players use a Frisbee®. The object is completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws). A golf disc is thrown from a tee area to the target, an elevated metal basket. As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw has landed. We want to start a Senior Disc Golf Group to play at the course at Dacey Field. **Ryan Jette, Director of the Recreation Department** will be at the Center to explain how the game works and give us a demonstration at the field as well. Join us!

Mon., Sept. 12: PAINTING CLASSES (all media) at 10:00 a.m. We are fortunate to have a distinguished artist teaching this class! **Aivers Zandbergs** has won numerous prizes for his fine work in many categories. In one exhibit, he received an unprecedented 3 firsts – pen & ink, watercolor and acrylic. He also was awarded “Best of Show” for “Excellence in a variety of Mediums.” His work is in many private and corporate collections in the US, Canada and Europe. Classes are on Mondays and cost just \$50 for 10 weeks. Come by to sign up.

Wed., Sept. 21: COPING WITH GRIEF & LOSS at 11:00 a.m.; see page 1.

Wed., Sept. 21: YELLOW DOT PROGRAM PRESENTATION at 1:00 p.m.; see page 1.

Fri., Sept. 30: NOSTALGIA PARTY at 11:00 a.m. **Johnny Guido** entertains and plays the oldies so come dressed in your 40's, 50's, 60's or 70's outfits and we'll award prizes for the best! Fun, free raffles and lunch is Chicken Parmesan. Tickets (\$6) are available through Sept. 23.

Wed., Oct. 12: NEW! DIABETES SUPPORT GROUP at 11:00 a.m. **Health & Wellness Nurse, Linda Hastings**, will facilitate this group, which will be educational and supportive. If you are pre-diabetic, newly diagnosed, having problems managing, or just interested in learning more about managing Diabetes, call to sign up.

YOU SHOULD KNOW...

- ♦ **COA VACANCY:** The Franklin Council on Aging currently has a vacancy for a new member. COA meetings are held on the second Tuesday of the month at 10:00 a.m. If interested in applying for this vacancy, please call the center for more information. Applications are due by September 9.
- ♦ **THE COLORING CREW** meets on Wednesdays at 11:00 a.m. It is relaxing and social so join us!



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Information & Referral...



- **DON'T IGNORE YOUR MEDICARE MAIL!** It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2017**, including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period. During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!
- **FUEL ASSISTANCE SEASON IS HERE:** If you received fuel assistance last year, you will be receiving recertification documents for the coming year. If you haven't received Fuel Assistance, but are interested in applying, please call the Senior Center and we will put you on a list to be contacted when we receive the applications in November. There is also additional Fuel Assistance funding available from a state grant, which may be able to access when you complete the application this year. Call for more information.
- **THE NEW ENGLAND PENSION ASSISTANCE PROJECT** (a free pension counseling service) handles a variety of issues related to retirement income benefits from private and public employers, including eligibility and vesting, payment of benefits, overpayments, union pensions, 401(k) plans, and survivor benefits. NEPA helps find retirement plans that have been "lost" due to corporate mergers and bankruptcy, and its pension counselors can help determine if benefits have been calculated correctly. For more information call 1-888-425-6067 or visit: <https://www.umb.edu/pensionaction>
- **RMV NEAR ME PROGRAM OFFERED AT THE FRANKLIN SENIOR CENTER:** We can help elders with Registry of Motor Vehicles (RMV) transactions at the Senior Center. Our staff has been trained by the RMV, and is now able to assist elderly residents with conducting online transactions as well as helping to locate important RMV forms, documents, and resources online. Call the Center to learn more.

- FOR MORE INFORMATION ABOUT THE ABOVE, CALL MAGGIE GUNDERSEN (508) 520-4945 -



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and to reserve your choice suite
while selection is best.

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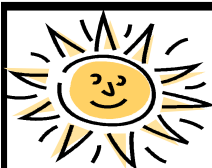
The Rockland Trust Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the **Friends of Franklin Elders**. To learn more about the Rockland Trust Charitable Foundation visit any branch or RocklandTrust.com.

ROCKLAND TRUST

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Supportive Day Program...



The Sunshine Club

The Sunshine Club at the Franklin Senior Center offers frail elders individual attention and the company of others. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, has low vision or dementia, come visit! To learn more, call Carol Adiletto or Donna Haynes at (508) 520-4945.



A **CAREGIVER SUPPORT GROUP** is offered on the 2nd & 4th Wednesday of the month at 4:00 p.m. Participation in the Supportive Day Program is not required for the Support Group and respite care is available during the meeting. Please call to sign up for the Support Group and to make a reservation for respite care.

FOR TRANSPORTATION
call Kiessling Transit at
1-800-698-7676, Option 1


FOR HOME DELIVERED MEALS
call Tri-Valley Elder Services
at 1-800-286-6640

CAREGIVERS CORNER...

COMPANION CAREGIVERS RESPITE PROGRAM

The Franklin Senior Center offers a trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour and the service provides socialization and stimulation for your loved one and respite for you. The Companion Caregiver Program can help, and the first visit is free! Please call Camille at 508 520-4945. Also, consider the **Memory Café** on September 15 for a fun social event for those with memory loss & their caregivers; call to sign up.




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Monday Matinee...



Movies shown on Mondays at 1:15 p.m.

Sept 12: THE BOSS (PG-13) A brash, savvy businesswoman has transformed herself into a financial rock star with a colossal ego. After being sent to prison for insider trading, she is released to a world in which she no longer has an empire. So she devises a shady business model for a venture guaranteed to catapult her back into the big leagues; with Melissa McCarthy & Kristen Bell.

Sept 19: MONEY MONSTER (R) A TV personality with a financial show is the darling of Wall Street. But after he hawks a high tech stock that mysteriously crashes, an irate investor takes him and his TV crew hostage live on air. Unfolding in real time, they must find a way to keep themselves alive while simultaneously uncovering the truth behind a tangle of big money lies; with George Clooney & Julia Roberts.

Sept 26: THE NICE GUYS (R) A Down-on-his-luck private eye and hired enforcer work together, to find a missing girl whose case may be related to the violent death of porn star in a car crash. They begin to uncover a shocking conspiracy that reaches up to the highest circles of power and just might get them both killed; with Ryan Gosling & Russell Crowe.

Trips...



Date	Destination	Details	Cost
Wed., Sept. 7	Lobster Roll Cruise	Cruise through Sesuit Harbor into beautiful Cape Cod Bay. Enjoy Lobster roll, Roast Beef Wrap,	\$35 per person; Cruise & transportation
Wed., Sept. 21	Venus DeMilo, Forever Motown	A non-stop high energy show with former members of The Spinners & The Marvelettes along with Broadway level music & choreography.	\$70 per person; all inclusive.
Wed., Oct. 5	Essex River Cruise	Enjoy this scenic river excursion on the North Shore and lunch at the Village Restaurant.	\$28 per person; includes cruise and transportation.
Wed., Oct. 26	Tour of Salem	Tour the Witch City and enjoy a picturesque lunch at Capt's Waterfront Grille.	\$5 per person; transportation only.
Wed., Nov. 2	Twin River, Lincoln, R.I.	Enjoy slots & simulcast races.	\$5 per person; transportation only.
Wed., Nov. 16	Silver Sizzle Review At Luciano's Lake Pearl	Enjoy this terrific mix of song, dance and hysterical comedy by a cast of 8 who are all over 50!	\$68 per person; all inclusive. (Roast Turkey Lunch)

TRIP POLICY: Recreational trips are available for seniors, 50 years of age and over, and disabled residents. Payment for trips is due upon sign up at the Senior Center. Three business days are required to receive a full refund for day trips. Conditions vary for overnight trips.

BUILDING UPDATE



Many thanks to all of you who have put up with unanticipated closings, earsplitting noise and the inconvenience of squeezing into smaller spaces! It will all be over soon! As of this writing, we anticipate completion of the construction in late October or early November, so plan to attend our GRAND REOPENING somewhere in that timeframe. The newly improved Franklin Senior Center will have an expanded Café and Gift Shop, a dedicated room for fitness equipment, another large multi-purpose room, and an Adaptive Assistance Lending Library. We look forward to serving you in our larger, updated facility!

With Sincere Appreciation...



The Friends of Franklin Elders for donating \$50,000 to our Building Project and supporting salaries for our Cook & Wellness Nurse.

Irene Pond for a generous donation in memory of **David Cargill**.

Barbara Shea for a generous donation in memory of **Dotty Fahey**.

Ryan Jette for helping us start a Senior Disc Golf Group.

Jeanette Burke, Mr. & Mrs. Cadillac, Diana Foster, Arlene Merline, Maria Rossetti, Joanne Odavacki, Dotty Perchard, Ed Beargeon, Joan Koslowski, Linda Simarrian, Carol Sheck, Gertrude Tolland, Ivan Callison, Valerie Stybe, Janet Whitten, Susan Cappucci, Richard Longobardi, Marie Jurchak, Sue Gurrie, Dolores Brunelli, Lynn Crawshaw, Charles Donovan, Jane Earls, Phyllis Biggs, Joyce & Ed Anguish, Patricia Donovan, Nancy Pendleton, Mary Coughlin, Holly Silver, Louise Mullaney, Roland Mercier, Lucille Albert, Fran Lawton, Beth Kaplan, Joyce Shreenan, Josephine Heneault, Pat Sullivan, Linda King and Terry Reardon for donating items to our Gift Shop.

Friends of Franklin Elders...



FOFE NEWS

The Friends of Franklin Elders is a private, non-profit organization whose purpose is to supplement local and state government funding of the Franklin Senior Center by providing funds for programs, services and equipment. The Friends also publish The Franklin Connection newsletter.

The Friends would like to thank those who became members during our past membership drive as well as those who made extra donations. The next meeting of the Friends of Franklin Elders is scheduled for September 23 at 9:30 a.m. The public is welcome to attend!

Friends of Franklin Elders, Inc. MEMORIAL DONATION FORM

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In Memory of: _____

Acknowledgement to: _____

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I would like to receive **The Franklin Connection** in the mail. Please send it to me at the following address:

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FRANKLIN, MA 02038

FRANKLIN COUNCIL ON AGING

Officers:

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The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and the Friends of Franklin Elders, Inc.

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
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Franklin Senior Center

"Independence, Engagement, Support & Connection!"

The Franklin Council on Aging meets on the second Tuesday of the month at 10 :00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and quality of life for Franklin older adults by:

- ◆ *Identifying the needs of this population and creating programs that meet those needs.*
- ◆ *Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.*
- ◆ *Advocating for relevant programs and services in our community.*
- ◆ *Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.*

And On The Lighter Side...



GUFFAWS & GIGGLES

- ◆ I went to the bank the other day and asked the teller to check my balance, so she pushed me.
- ◆ I wonder what my kids are going to tell their kids... “It was so rough back in my day, I didn’t get a phone ‘til fourth grade and sometimes the wi-fi didn’t always work upstairs.”
- ◆ My daughter asked me what it’s like to have kids, so I interrupted her every 11 seconds until she cried.
- ◆ If we are ever in a situation where I am the “voice of reason”, then we are in a very, very bad situation.
- ◆ I’m not saying I hate him but I would unplug his life support to charge my phone.
- ◆ Don’t be fooled by this face; I had a baby without medication. I will snap you like a twig.
- ◆ Interviewer: “What do you make at your current job?” Me: “Mostly mistakes and inappropriate comments.”
- ◆ What’s my favorite childhood memory? Not paying bills!
- ◆ A mother’s love is unconditional; her temper is another subject...
- ◆ Maybe if we tell people the brain is a new app, they’ll start using it.

1) Going to bed early. 2) Not leaving my house. 3) Not going to a party...
My childhood punishments have become my adult goals.